

Abstract

Title: Keeping and reducing weight in the boxing

Aims: The aim of the diploma thesis is to find out which methods are used for sustain or reduction of boxers' weight in various weight classes. If this process affects their power, and which intervals they begin the reduction before the fight in.

Methods: The observation as the quantitative method was used on the basis of public inquiry.

Results: It follows that boxers use shorter and more intensive methods for their weight reduction rather than slow and careful methods for their organisms. Moreover, two thirds of respondents experience some changes in consequence of sustaining and reducing the weight. The majority of respondents mentioned they get the information how to sustain and reduce the weight in accordance with their own consideration.

Keywords: Boxing, weight reduction, weight categories, dehydration